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MARK WAHLBERG KEEPS IT REAL

The actor wanted to honor a tragedy with 'Deepwater Horizon.' 21

That new cool band you should know. 22-23

Mets and Giants ready to clash tonight. 26-27

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feel won the VP
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Metro readers' poll
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SHADOW BOXERS

VP candidates fight
for clarity in the shadow
of their running mates. 2

GETTY IMAGES

3 things you need to know

PHILIPPINE LEADER TELLS OBAMA 'GO TO HELL', CAN BUY ARMS ELSEWHERE

Philippine leader Rodrigo Duterte on Tuesday told U.S. President Barack Obama to "go to hell" and said the United States had refused to sell some weapons to his country but he did not care because Russia and China were willing suppliers. In his latest salvo, Duterte said he was realigning his foreign policy because the United States had failed the Philippines and added that at some point, "I will break up with America." It was not clear what he meant by "break up." During three tangential and fiercely worded speeches in Manila, Duterte said the United States did not want to sell missiles and other weapons, but Russia and China had told him they could provide them easily. "Although it may sound s— to you, it is my sacred duty to keep the integrity of this republic and the people healthy," Duterte said. **REUTERS**



GOOGLE TAKES ON APPLE WITH NEW PIXEL PHONE, HOME ASSISTANT

Alphabet Inc.'s Google on Tuesday announced a new "Pixel" smartphone and a virtual reality headset, the company's latest effort to sell consumers on Google-branded devices and to challenge Apple Inc.'s iPhone at the high end of the more than \$400 billion global market. The new phone starts at a price of \$649, and Google is working exclusively with Verizon Communications in the United States, Google executives said at a launch event in San Francisco. The string of announcements, including a new Wi-Fi router and its voice-activated digital assistant for the living room, "Home," is the clearest sign yet that Google intends to compete directly with Apple, Amazon.com and even its own Android mobile operating system customers to create a system of devices and hardware that meet every digital need. **REUTERS**

LAWSUIT: PEPSICO MISLEADS BUYERS OF NAKED JUICE

PepsiCo Inc. has been accused in a lawsuit of misleading shoppers into believing its Naked juices and smoothies primarily contain "high-value" ingredients such as kale, when the main ingredient is often cheaper, less nutritious apple juice. According to a complaint filed on Tuesday in the Brooklyn, New York, federal court, PepsiCo emblazons healthy fruits and vegetables on Naked labels, and touts how the drinks have "no sugar added," when they actually contain roughly as much sugar as a can of Pepsi. In a statement, PepsiCo called the lawsuit "baseless," and said there was nothing misleading about its Naked products. **REUTERS**



METRO'S NEWS QUIZ

You read Metro to stay on top of the news. Now's your chance to find out how much you know. Take our daily news quiz to test your knowledge by going to www.metro.us/news-quiz to submit your answers.

1. What has an artist planted in the middle of downtown Brooklyn's Metrotech Commons?
2. How much are standing-room-only tickets for tonight's Mets-Giants game?
3. What is the previous film Mark Wahlberg made with his "Deepwater Horizon" director Peter Berg?



GETTY IMAGES

Kaine vs. Pence debate was expert vs. expert

Two "policy wonks" attempted to do what Trump and Clinton didn't, an election scholar told Metro.



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Those who watched Virginia Sen. Tim Kaine debate Indiana Gov. Mike Pence in Farmville, Virginia, saw two experienced politicians trying to penetrate issues that Hillary Clinton and Donald Trump only grazed during their first faceoff. "This might be the best shot voters will get to take a deep dive to see what these people will do if they are elected," elections expert Michael Miller, who teaches political science at Barnard and Columbia University, told Metro.

Pence has the backing from conservative bona fides. He's got a pretty long and distinguished career

in Washington, where they really respect him conservative circles.

"Trump has a bombastic personality that leads to rhetoric in debates that leads away from these details."

The VP debate "may be nerdy by comparison," but was a good opportunity to hear about things the things voters need to hear about from two people with strong policy backgrounds. "It's what voting is all about," he said.

Final tallies of viewership will be revealed today, and could contrast with the 51 million TV viewers who watched the 2012 vice presidential debate between Joe Biden and Paul Ryan. That was a big audience for a VP showdown, considering this year's first presidential debate reeled in a substantial 84 million from TV alone.

The impact of this debate is less about who was better, and more about who fumbled.

"You kind of want a

quiet night," said Miller. "A mistake is what garners media attention."

In this particularly stormy election, creating any waves in the media or in the election outcome would require a major accident.

"The best way to help Trump is to not commit any fatal error," said Miller. "Do no obvious damage."

In that sense, Pence has redefined what it means to "balance" a ticket, he said.

"It's really about matching strengths to weaknesses, and I think Pence is pretty well chosen in that sense," Miller said.

For Kaine, the goal as Clinton's running mate last night was less to balance the ticket and more to remind voters of the things Pence wanted to distract from: shocking news stories, and Trump's tax-records controversy, for example.

Kaine's approach was more to "try to pin Trump to Pence, and inject the

unfavorable things back into the living rooms," Miller said.

"It is very tempting to look at any one of these moments and say this is the one that changed the race. We don't even think the presidential debates ever changed the race in history. They tend to swing polls a little bit. The VP debate is even less salient in election outcomes."

The impact of this debate will be determined by the way each campaign utilizes their pocket card.

With a mere 33 days until the election, "the crucial resource for the candidates right now is time."

"Every day the Trump campaign spends explaining and defending him that's one day lost to really convince the people of why to vote for him. On the Democratic side, the final moments will have to be spent reminding voters of the bad things occurred throughout the election year," Miller said.



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NY men charged with assault after allegedly leaving Ravens fan with severe brain injury

"My brother's 55 years old and two Raiders fans attacked him ... over stupid fan rivalry or fan fanaticism or something."

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A man is fighting for his life after a pair of New Yorkers, one of whom is a firefighter, allegedly beat him at M&T Bank Stadium in Baltimore on Sunday as the Ravens played the Oakland Raiders.

Joseph Bauer, 55, of Maryland, is hospitalized with severe brain injury, and is displaying symptoms "consistent with a major stroke," family members told the Baltimore Sun. He's a former Marine.

Scott Smith, 28, of Mount Vernon, and Andrew Nappi, 31, of Eastchester, were charged with first- and second-degree assault for the attack that Ravens coach John Harbaugh has called "absolutely inexcusable."



Joe Flacco of the Baltimore Ravens hands the ball off to Terrance West during a game. GETTY IMAGES

lutely inexcusable."

Bauer's sister told WBAL-TV that her brother, who was attending the game with his wife, let another woman cut ahead of them in the concession line. The pair of Westchester County men approached Bauer toward the end of the game and reportedly punched him in the back of the head, causing him to fall forward.

ward.

According to the Sun, Nappi told police that Bauer threw a bottle that hit Smith in the head. M&T Stadium sells only plastic and aluminum bottles.

"My brother's 55 years old and two Raiders fans attacked him and punched him in the head and knocked him unconscious over stupid fan rivalry or fan fanaticism or something," Bauer's sister Susan told WBAL-TV. "I don't know what their motivations are. I just hope that they understand that they have altered our lives in the most tragic and terrible way. He's just a good man who loved football."

The pair were booked at the Baltimore City Detention Center and were released after posting bond: \$50,000 for Smith and \$25,000 for Nappi.

The Journal News identified Smith as a rookie firefighter in Mount Vernon, sworn in this past March. He's been suspended without pay, pending further investigation.

Ravens president Dick Cass reached out to Bauer's family, and the team released a statement:

"Our sympathies and prayers go out to Mr. Joseph Bauer, his wife Sharon and the rest of his family. ... We are deeply concerned about this assault and are learning as much as we can about it. Safety for our fans is a top priority. Confrontational and inflammatory behavior is never tolerated and is unacceptable at Ravens home games."



Andrew Nappi, left, and Scott Smith, both of Westchester County, were charged with first- and second-degree assault. BALTIMORE POLICE DEPARTMENT

New Jersey blast destroys two homes, firefighters injured

An apparent gas explosion and fire leveled two New Jersey homes and sent five firefighters to the hospital with minor injuries on Tuesday, officials said.

Firefighters responded to reports of a strong gas odor emanating from a multi-family home in a neighborhood of Paterson, a city about 20 miles northwest of Manhattan, at 9 a.m. local time, Paterson Fire Chief Michael Postorino said at a news conference.

"They could hear the gas hissing out" when they arrived, Postorino said. "They did a rapid evacuation



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as safely and effectively as they could."

About 20 minutes

after the initial gas leak reports, the building exploded and burst into

flames, he said.

Five firefighters suffered minor injuries in the incident and were being evaluated at a local hospital, Postorino said. There were no immediate reports of fatalities or other injuries.

In addition to the two destroyed homes, about 15 buildings were damaged in the blast or fire, he said.

Aerial footage of the scene showed pieces of plywood, window frames and charred building debris strewn across nearby lawns and sidewalks as firefighters worked to extinguish the blaze.

REUTERS

BRIEFS

Brooklyn DA Kenneth Thompson discloses cancer diagnosis

Brooklyn District Attorney Kenneth Thompson announced Tuesday that he's been diagnosed with cancer.

"As a man of intense faith, I intend to fight and win the battle against this disease," Thompson said in a news release disclosing the diagnosis.

Thompson did not elaborate about the diagnosis. Chief Assistant Eric Gonzalez will fill in for Thompson when he is absent during treatment and recovery, the DA's office said.

Thompson, who was sworn in as DA in 2014, hasn't been seen around the office much since May, the New York Post reported. His staff was told the 50-year-old prosecutor was working from home due to a bad back and found out about the cancer diagnosis through Thompson's



Brooklyn District Attorney Ken Thompson GETTY IMAGES

statement, the Post reported.

The last time Thompson was seen in public in his official capacity was on July 18 when he discussed the national gun crisis at a Reuters news agency event, New York Daily News reported.

"I thank you in advance for your prayers and look forward to rejoining you on the battlefield for justice," Thompson wrote, ending his statement.

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MARTINA MAFFINI FOR 6sqft

4,000 redwood trees planted in downtown Brooklyn

The trees were brought to Brooklyn by artist Spencer Finch.



A big green sign that greets drivers from Manhattan coming over the Williamsburg Bridge reads, "Name It ... We Got It!" Among the many things to which the borough can now lay claim: A dense grove of 4,000 redwood trees in the middle of Downtown Brooklyn's MetroTech Commons. It's this unlikely juxtaposition that has brought the trees, with roots in prehistoric times and known to grow

bigger than the Flatiron Building and longer than the Brooklyn Bridge, to this spot steps from Shake Shack. The mini-redwood forest is called "Lost Man Creek," an art installation by Brooklyn-based artist Spencer Finch that opened on Oct. 1. It's a scaled-down (to one hundredth the size) replica of a 790-acre section of California's Redwood National Park, planted in partnership with the Save the Redwoods League.

Finch was intrigued by the idea of "... something so wild, say as Redwood forests, being brought into such an urban environment, like this one," when the New York nonprofit Public Art Fund first approached him about conceiving a proj-

ect for MetroTech Commons two years prior. The trees Finch used for the project are young dawn redwoods, a genus related to those giant sequoias, and one that apparently already grows on some New York City streets. In some environments the trees are known to exceed the height of the urban landscapes that surround them, though at the moment the young trees are only about one to four feet high.

The artists tells 6sqft he will let the leaves change color and fall much like they would if they were in a California forest, but he will trim them over the course of the installation to maintain the proper scale.

The New Haven,

Connecticut-born Finch has in the past produced works that, for example, have turned the colors of a sunset into ice cream, making him perfect for today's Brooklyn. His work investigates the properties of light, color, nature, and perception; as the project's site states, "Lost Man Creek" "is a 'living artwork for the heart of Downtown Brooklyn that makes the intangible scale of a redwood forest tangible. Through this new perspective, the artwork becomes a universal reminder of nature's power to inspire, inviting us to take a leap from diminutive to gigantic and from urban center to California forest.'"

MICHELLE COHEN

After fatal fire, watchdog finds safety neglect in NYC public housing

A New York City maintenance worker falsely reported that the smoke alarms inside a Bronx public housing apartment were working just hours before a fire erupted inside, killing two young children, according to a report released on Tuesday.

The city's Department of Investigation (DOI) also found that maintenance workers at the New York City Housing Authority (NYCHA) routinely failed to perform required safety checks during home visits and regularly falsified work orders indicating they had done so.

"DOI has now found that NYCHA workers blatantly flouted basic precautions, supervisors failed to check on them, and tragedy was the result," said Mark Peters, the commissioner of the DOI.

In a statement, Jean Weinberg, the chief communication officer at NYCHA, said, "Safety is our top priority — it is simply unacceptable to put NYCHA residents at risk because of neglect or indifference. In addition to disciplinary actions taken against staff identified

in the report, the Authority issued enhanced safety inspection protocols and training, and launched an internal audit and employee public awareness campaign back in June."

The April 13 fire, at the Butler Houses, killed two girls, aged 2 and 1½. The blaze began when the girls' mother, mistakenly believing a roommate was home, went out to buy ice cream and finish her laundry, according to media reports.

Fire officials said two smoke alarms inside the apartment were not working.

A NYCHA maintenance worker who visited the apartment earlier that day, Rene Rivera, filled out a report saying the alarms were "satisfactory," according to DOI.

Efforts to reach Rivera were unsuccessful. He retired from NYCHA once disciplinary charges were brought, according to a department spokeswoman.

A spokeswoman for the Bronx district attorney's office said there was not enough evidence to support criminal charges against Rivera. **REUTERS**



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New poll: Most Americans call Donald Trump's tax avoidance 'unpatriotic'

Trump's taxes have become a big campaign issue after the New York Times released a portion of his 1995 tax returns last week and estimated that Trump likely paid no taxes for a number of years.

Republican presidential nominee Donald Trump says paying no income tax would make him "smart." While nearly half of Americans agree with him, more people think it is "selfish," and "unpatriotic," according to a Reuters/Ipsos opinion poll released on Tuesday.

Some 67 percent of Americans said it is "selfish" for a presidential candidate to pay no taxes, while 61 percent said it is "unpatriotic," according to the poll,

which allowed respondents to pick more than one adjective to describe paying no taxes.

At the same time, the results showed some respect for a candidate who can figure out how to reduce their tax bill. Some 46 percent of Americans, including 35 percent of Democrats and 62 percent of Republicans, thought a presidential candidate who pays no taxes is "smart."

The celebrity real estate developer, who is the first presidential candidate in decades to refuse to release his full tax returns, didn't deny the report. He later said that he had "brilliantly used" U.S. tax rules to his advantage.

During the first presidential debate with his rival Democrat Hillary Clinton last month, Trump responded to Clinton's allegation that

he paid no federal taxes by saying that would make him "smart."

"What is he trying to say: that those of us who pay taxes aren't intelligent?" said poll respondent Yonna McNeerney, 41, of Denver. "I started working at the age of 16, and I've always paid taxes," she said. "Not paying taxes, I don't think that's acceptable."

McNeerney, a mother of three who works at a telecommunications company, remains uncommitted in the race and said Trump's comments about taxes haven't changed her mind one way or the other.

April St. Aoro, 46, who works for a manufacturing firm near St. Cloud, Minnesota, was more understanding of Trump's point of view, though she also remains undecided in the race.

"I think all of us are trying to pay as little taxes as possible," St. Aoro said.

Respondents were slightly less critical when asked to describe a private citizen paying no taxes.

Some 64 percent agreed it was "selfish," while just over half agreed it was "unpatriotic." Some 50 percent, including 37 percent of Democrats and 67 percent of Republicans, agreed that it was "smart."

The Reuters/Ipsos poll was conducted online in English in all 50 states. Respondents were asked what they thought of "a private citizen who has found a way to pay no income taxes," and given the choice to agree or disagree to the words "smart," "selfish," and "unpatriotic."

REUTERS



Republican presidential candidate Donald Trump GETTY IMAGES

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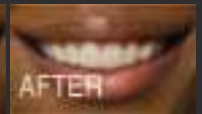
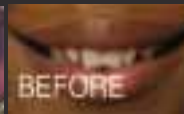
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Sources: Yahoo secretly scanned customer emails for US intelligence

The company complied with a classified U.S. government demand, scanning hundreds of millions of Yahoo Mail accounts at the behest of the National Security Agency or FBI, said three former employees and a fourth person apprised of the events.

Yahoo Inc. last year secretly built a custom software program to search all of its customers' incoming emails for specific information provided by U.S. intelligence officials, according to people familiar with the matter.

Some surveillance experts said this represents the first case to surface of a U.S. internet company agreeing to a spy agency's

request by searching all arriving messages, as opposed to examining stored messages or scanning a small number of accounts in real time.

It is not known what information intelligence officials were looking for, only that they wanted Yahoo to search for a set of characters. That could mean a phrase in an email or an attachment, said the sources, who did not want to be identified.

Reuters was unable to determine what data Yahoo may have handed over, if any, and if intelligence officials had approached other email providers besides Yahoo with this kind of request.

According to two of the former employees, Yahoo Chief Executive Marissa Mayer's decision to obey the directive roiled some senior executives and led to the June



Yahoo corporate offices and headquarters in Sunnyvale, California GETTY IMAGES

2015 departure of Chief Information Security Officer Alex Stamos, who now holds the top security job at Facebook Inc.

"Yahoo is a law abiding company, and complies with the laws of the United States," the company said in a brief statement in response to Reuters questions about the demand. Yahoo declined any further comment.

Through a Facebook spokesman, Stamos declined a request for an interview.

The NSA referred questions to the Office of the Director of National Intelligence, which declined to comment.

The request to search Yahoo Mail accounts came in the form of a classified edict sent to the company's legal team, according

to the three people familiar with the matter.

U.S. phone and Internet companies are known to have handed over bulk customer data to intelligence agencies. But some former government officials and private surveillance experts said they had not previously seen either such a broad demand for real-time Web collection or one that re-

quired the creation of a new computer program.

"I've never seen that, a wiretap in real time on a 'selector,'" said Albert Gidari, a lawyer who represented phone and Internet companies on surveillance issues for 20 years before moving to Stanford University this year. A selector refers to a type of search term used to zero in on specific information.

"It would be really difficult for a provider to do that," he added.

Experts said it was likely that the NSA or FBI had approached other Internet companies with the same demand, since they evidently did not know what email accounts were being used by the target. The NSA usually makes requests for domestic surveillance through the FBI, so it is hard to know which agency is seeking the information. **REUTERS**

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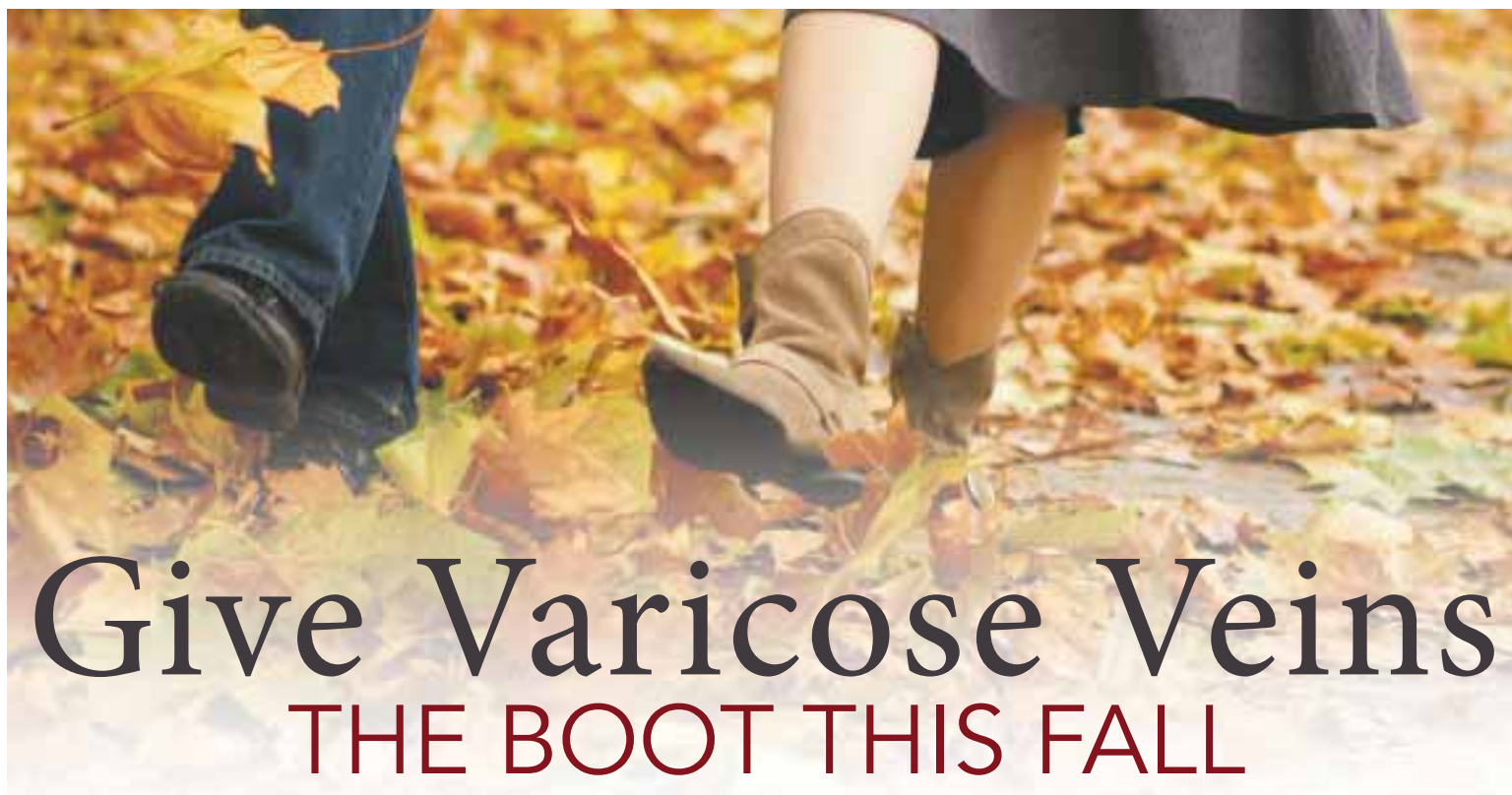
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¹The Washington Post, Washington Bestsellers Paperback Nonfiction/General, March 29, 2009. Ric Edelman, Executive Chairman of Edelman Financial Services, LLC, a Registered Investment Advisor, is an Investment Advisor Representative who offers advisory services through EFS and is a Registered Representative and Registered Principal of, and offers securities through, EF Legacy Securities, LLC, an affiliated broker/dealer, member FINRA/SIPC.

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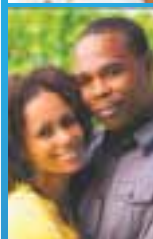
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Lawyer: Boy's death in hot car was accident, not dad's intent

Justin Harris, 35, could be sentenced to life in prison if jurors find he meant to leave his 22-month-old son, Cooper, to die in a locked SUV outside his workplace in suburban Atlanta for seven hours on a sweltering day.



Justin Ross Harris sits in Cobb County Magistrate Court in Marietta, Georgia, on July 3, 2014. POOL PHOTO

A Georgia man accidentally left his toddler son to die in a hot car in 2014 but did not kill him intentionally in order to pursue online sex as prosecutors contend, his defense lawyer argued on Tuesday.

Harris drove straight to work with the child strapped in the back seat after they had a father-son

breakfast at a Chick-fil-A, forgetting to take the child to day care, the lawyer said.

Whatever the father's sexual appetites, "That has nothing to do with what happened to that little boy," defense attorney Maddox Kilgore told the jury in opening arguments of the murder trial.

After prosecutors portrayed Harris as a man obsessed with having sex with prostitutes and other women and texting to teenagers, Kilgore said he was a God-fearing man who was broken over the death of his son, knowing that he was responsible.

"Responsible isn't the same as criminal. It was an accident," Kilgore said.

Whatever his client's "sexual sins ... no matter how perverse and nasty, has nothing to do with what happened to that little boy," Kilgore said.

The lawyer said his client's grief over the death of his son was plainly evident, contradicting prosecutors' claim he shed no tears.

"He wept bitterly outside the view of the police, and he cried out to God in disbelief for what he has done," Kilgore said.

Harris faces a host of charges including murder and sending sexually explicit text messages to underage women.

Prosecutors on Monday had told the jury Harris led a "double life of deception" who played the role of loyal husband and doting father while also exchanging nude photos online and planning to kill his child so he could move on to a new life.

Judge Mary Staley Clark moved the trial to Brunswick, Georgia, some 300 miles away, after concluding Harris could not get a fair trial in the Atlanta suburb of Marietta where his son died.

Leanna Taylor, Cooper's mother and Harris' ex-wife, is expected to be an important witness for the defense. She has told several media outlets she believes her former husband is innocent.

REUTERS

BRIEF

Oklahoma Supreme Court strikes down restrictive abortion law

Oklahoma's highest court on Tuesday struck down a law imposing restrictions on abortion providers, including a requirement that they take samples of fetal tissue from patients younger than 14 and preserve them for state investigators.

The law also set new criminal penalties for providers who violate abortion-related statutes as well as individuals who help

a minor evade the requirement to obtain parental consent. In addition, the bill created a new, stricter inspection system for abortion clinics.

Legislators had said the fetal tissue section was aimed at capturing child rapists and that the law would protect women's health. But the New York-based Center for Reproductive Rights, which challenged the law in court, said it unfairly targeted facilities that perform abortions.

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Video in LA police shooting shows black teen with a handgun

The video was made public by LAPD Chief Charlie Beck a day after he held a news conference to give a detailed verbal account of how Carnell Snell Jr., 18, was shot by officers during a foot chase.

Los Angeles police, seeking to quell protests over the fatal weekend shooting of an African-American teenager, released surveillance video in which the youth is seen holding a handgun moments before he is shot by officers.

Beck said Snell was fleeing what police believed to be a stolen vehicle and was gunned down by officers as he turned toward them holding a pistol he had pulled from

his waistband.

Snell's death, and the fatal police shooting on Sunday of a Hispanic male wielding what turned out to be handgun replica, ignited three days of angry rallies in Los Angeles, including a Sunday night protest in which demonstrators pelted Mayor Eric Garcetti's house with eggs.

Similar protests flared following the police slaying on Sept. 27 in the San Diego suburb of El Cajon of another black man, Alfred Olango, an unarmed Ugandan refugee said by friends and family to have been mentally disturbed. Olango was shot when he aimed an electronic tobacco "vaping" pipe at police and assumed what police said was a "shooting stance."

In the Snell video, the teenager can be seen



A still image taken from closed-circuit TV provided by the Los Angeles Police Department shows a suspect fleeing police pursuit. LAPD

running through a strip mall parking lot and then walking past storefronts as he approaches the surveillance camera.

Snell is holding a handgun in his left hand and briefly stands behind a parked vehicle before tucking the firearm into his waistband as he runs back along the sidewalk away from the camera with his left hand at his waist. He exits the camera's frame as two police officers run after him. REUTERS



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Crash investigators recover data, video recorders

Investigators looking into what caused last week's fatal New Jersey Transit train crash at Hoboken Terminal have recovered the data and video recorders from the lead car, officials said on Tuesday.

Jim Southworth, who is leading the National Transportation Safety Board's examination of the accident, told reporters that investigators removed the recorders at about 10:30 a.m., along with the cellphone and other personal effects of the train's driver.

The data recorder, similar to an airplane's black box that tracks speed and other information, may provide clues to what happened when the train went crashing through Hoboken Terminal on



NJ Transit train crash GETTY IMAGES

Sept. 29, killing a 34-year-old woman and injuring 108 people during the morning rush hour.

The derailment caused serious damage at the historic station, including a partial roof collapse.

"We expect the recorders will be able to provide investigators with speed information, throttle position, braking information" and other data, Southworth said.

The devices recovered from the train were sent

to Washington, D.C., for analysis, Southworth said, adding that it was too early to know whether the data recorder is operational. Investigators previously pulled an older data recorder from the train's rear car but found it was not working.

Thomas Gallagher, the 29-year NJ Transit veteran who was operating the train, has told investigators the train was moving at the speed limit of 10 mph when it was nearing the station but that he does not remember the crash itself.

Witnesses, including passengers on the train, have said the train appeared to enter the station too fast and did not slow down as it approached the platform. REUTERS

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Date: Thursday, October 6, 12:00pm – 1:30pm.
Lunch will be provided after the program.

Presenter: Jo Anne Jaravata, BSN, RN.

Location: NYC Health + Hospitals/Woodhull.
760 Broadway, Brooklyn, NY. 3rd Floor, Conference Room #1.

Info: This lecture is free and open to the public, but you must RSVP. To attend, call 718.963.5771 or visit nyulangone.org/cancersvp. View past lectures at youtube.com/nyulmc.

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Baby Boomers May Avoid Knee Surgery With Modern Arthritis Treatments

Doctors say these two factors are the keys to knee arthritis treatment success and relieving pain without surgery

By Matt Edgar

America's Health Writer

New York City - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

"We all know that countless lives are being saved every year because of early detection and better treatment" noted the clinic director at the **NY Pain MD** in New York City. *"The same holds true for treating arthritis pain. I believe we are having so much success at NY Pain MD because of two factors: One is we are using advanced medical technology and treatments a lot of clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to trying to avoid knee replacement surgery is doing the correct treatment as soon as possibly"*

What is the "correct treatment?"

"That depends," said the director. *"There is no one answer when it comes to medical conditions. Knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day,"* added the director.

For many knee arthritis pain sufferers the right treatment is Viscosupplementation whereby a preparation of Hyaluronic acid a gel-like FDA approved medicine is applied directly into the knee joint using *Precision Arthritis Targeting Technology*.

Hyaluronic acid is the natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupplementation gets the best results and is so important for avoiding surgery.

The director believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space precisely. That's why the doctors at **NY Pain MD** use advanced imaging technology to apply *Precision Arthritis Targeting* during every treatment.

A device called the "C-Arm" allows the doctor to see into the joint and actually watch the medicine be applied exactly where it is supposed to. Research shows that performing procedures without Precision Arthritis Targeting (P.A.T.T.) can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without Precision Arthritis Targeting Technology and did not get good results - this may be why.

"If you have knee arthritis pain, viscosupplementation might be the answer you are looking for. The keys are not wait, get a good evaluation from an expert and make sure precision arthritis targeting is used to make sure you have the best chance for success."



Can This Be Avoided? Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife.



Normal Pain-Free Knee Joint

Everyone Wants Proof:

In the artist simulated drawings, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.



Knee With Painful Arthritis

Pain -

Illustration shown is a knee joint with painful xosteo-arthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs, swelling and a lot of pain.



Hyalgan Injected Directly Into Knee Join like "Joint Oil"

Successful Treatment -

Successful Treatment - Hyalgan (blue) being precisely injected directly into the knee joint using Hologic digital imaging. Advanced imaging allows treatments to be as precise as possible. Hyalgan can lubricate the joint and decrease pain.



Research Shows Doctors Miss The Joint Space Up To 30% Of The Time Without Advanced Imaging

Failed Treatment -

The injection (and Hyalgan) misses the joint space. Research shows this occurs up to 30% of the time without the use of Hologic digital imaging to guide the injection. This is why Hyalgan may not have worked for you.

Knee Pain Screenings Offered To Help Determine If New York Metro Area Residents Qualify For Popular Treatment

Knee pain sufferers have limited time to claim knee pain screening to see if all-natural knee arthritis treatment might work for them

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, for the past year and a half, hundreds of knee pain sufferers have flocked to **NY Pain MD** New York City.

That's when their specially trained-doctors added Hyalgan treatments to their already successful comprehensive knee pain relief program.

Viscosupplementation is unique because - even-though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

Like "Joint Oil"

Viscosupplementation works so well because it is like "joint oil." It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated. They have also developed medical lubricants that are also natural but made a bit like yogurt and "cultured" into highly effective arthritis pain-fighting medical lubricants.

When introduced directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

"We have been able to help so many knee pain sufferers - even many who have already tried other treatments like Synvisc, Supartz, Orthovisc and even Hyalgan. This is because our treating doctors always use "Precision Arthritis Targeting Technology". This allows us to place the Viscosupplementation exactly where it needs to be. Studies show doctors doing joint injections without technology can miss the joint up to 30% of the time." noted the Director of Center

NY Pain MD is a state of the art medical facility offering only the best technology.



Advanced Medical Technology Can Make All The Difference: This advanced Precision Arthritis Targeting Technology using fluoroscopic imaging allows doctors to see directly into the knee joint so treatments are precise and the FDA approved lubricating medicine actually goes EXACTLY where it is supposed to. Studies show that procedures done without this technology can miss the joint up to 30% of the time. This is one reason Viscosupplementation may not have worked for you in the past. **NY Pain MD** uses this P.A.T. Imaging Technology. with each and every treatment.

And that's not all :

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. After getting treatment and feeling better, many patients have decided to cancel their total knee replacement surgeries." added the director.

How To Find Out If It Can Help You?

If you have knee pain, the **NY Pain MD** doctors would like to invite you for a no-obligation screening to see if you are a candidate for their treatments using *Precision Arthritis Targeting Technology*.

All you have to do is call 800-227-KNEE (5633) right now and when the scheduling specialist answers the phone tell her you would like your no obligation "Knee Pain Screening." The doctors at **NY Pain MD** can only accept a limited amount of new patients each month for this screening - so if you are interested please call now. Your no obligation screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solution to your knee pain.

And here's something really important - Viscosupplementation treatments are covered by most insurance, union plans and even medicare. To schedule your no obligation screening or if you have any questions:

Call: 8 0 0 2 2 7 K N E E

Are You Qualified For Knee Arthritis Screening With NYC Pain MD?

- Do you have pain and osteoarthritis (arthritis) of the knee?
- Have you tried other treatments such as NSAIDS and other anti-inflammatory medications without success?
- Have you already tried viscosupplementation (Hyalgan, Supartz, Synvisc) without satisfactory results?

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SC governor orders evacuation ahead of storm

Florida and Georgia have also called states of emergency for a storm that has pounded the Caribbean with 145 mph winds and surging seas.

South Carolina Governor Nikki Haley declared a state of emergency on Tuesday and ordered an evacuation of more than a million people in coastal areas starting Wednesday afternoon in anticipation of Hurricane Matthew.

Florida and Georgia have also called states of emergency for a storm

that has pounded the Caribbean with 145 mile-per-hour (230 kph) winds and surging seas and was expected to start affecting U.S. coastal areas late on Thursday or early Friday.

Haley pleaded with people to get 100 miles away from the coast, but did not say if there would be penalties for

those who refuse to comply.

"We don't do voluntary or mandatory anymore. An evacuation is an evacuation," Haley told reporters.

By declaring a state of emergency, Haley can mobilize 1,800 members of the National Guard.

Highways will have all traffic lanes directed



A woman protects herself from the rain with plastic after hurricane Matthew, in Port-au-Prince, on Tuesday. GETTY IMAGES

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away from the coast for the evacuation, and the state will close schools and county government offices in 26 of the state's 46 counties starting Wednesday.

Matthew will be a Category 2 or Category 3 hurricane when it brushes or hits South Carolina on Friday night, she said. Officials anticipate 100 mph winds and 5- to 7-foot storm surges in coastal South Carolina, she said.

Heavy storms in South Carolina last October killed at least 17 people.

Several coastal schools, universities and municipalities, including the city of North Charleston, announced they would close starting on Wednesday.

Emergency officials in the Myrtle Beach area advised residents of evacuation zones and routes.

Florida Gov. Rick Scott, who declared a state of emergency for

all 67 counties on Monday, has activated 200 members of the Florida National Guard to support any needed hurricane response and put another 6,000 on standby.

Other state agencies prepared by ensuring fuel supplies in potential evacuation zones, readying shelters and highways to handle any evacuees, and taking inventory of emergency food supplies in state schools and warehouses.

In Georgia, Gov. Nathan Deal issued a state of emergency for 13 counties in coastal areas.

"I've ordered the Georgia Emergency Management and Homeland Security Agency (GEMHSA) to work with appropriate state and local agencies to ensure all precautions are taken to protect residents and minimize risks to property and roads," Deal said in a statement.

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Senator: Wells Fargo scandal extends to small business

Wells Fargo & Co.'s account scandal is not limited to its consumer banking sector, U.S. Senator David Vitter told the bank's chief executive in a letter.

Thousands of small-business owners were also affected by Wells Fargo's practices, wrote Vitter, a Republican from Louisiana, in a letter dated Sept. 29 to Wells Fargo Chief Executive John Stumpf and seen by Reuters.

Vitter demanded a "full accounting" of small-business owners affected by "fraudulent activity." Around 10,000 small-business accounts were affected by improper Wells Fargo practices, people familiar with the matter said.

A Wells Fargo spokes-



Wells Fargo GETTY IMAGES

woman could not immediately be reached for comment about Vitter's letter.

Vitter, who chairs the U.S. Senate's small-business committee, launched a probe on Sept. 20 into whether the bank's opening of as many as 2 million accounts in customers' names without their permission had any impact on small businesses.

Wells Fargo spokeswoman Jennifer Langan said last week that Wells is reviewing earlier request letters sent by Vitter and will address them "in a timely manner."

The bank also plans to share information about its operations and lending with the U.S. Small Business Administration, Langan added at the time.

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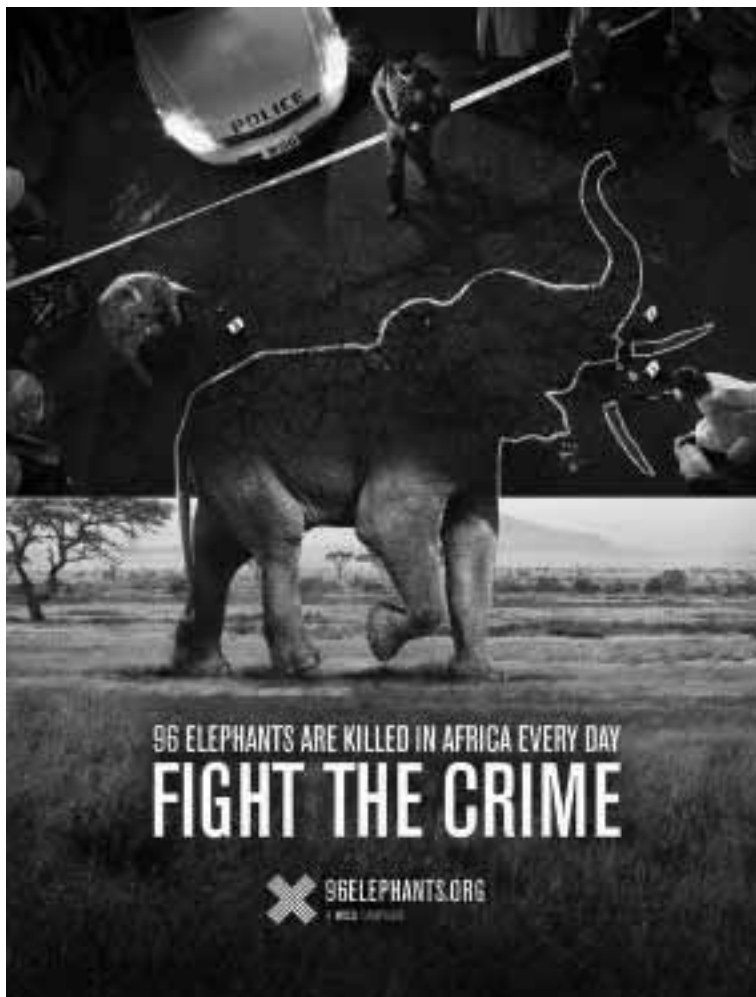
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Demi Lovato used the wave emoji ... again

"Body Say" singer Demi Lovato gave a big fat "bye, haters" on Twitter Tuesday, writing that she will be getting some R&R next year. "So excited for 2017," Lovato tweeted. "Taking a break from music and the spotlight. I am not meant for this business and the media."

Lovato, who is not known to back away from a fight, might have done just that after catching shade for her Taylor Swift dis in Glamour.

"To be honest, and this will probably get me in trouble, I don't see anybody in any sort of squad that has a normal body," Lovato told the



ALL PHOTOS GETTY IMAGES

magazine, referring to Taylor Swift's posse of pals.

"It's not realistic," she added. "And I think that having a song and a video about tearing Katy Perry down, that's not women's empowerment."

Lovato quit Twitter earlier this year after another virtual confrontation, but after one whole day, she returned. So see ya tomorrow, maybe?

KIM AQUILINA

the word

SESALI BOWEN
sesali.bowen@metro.us

J. Cole is having an interesting week



J. Cole left some fans hopeful and others heartbroken this weekend at the end of his set at Meadows Fest in Queens. He told the audience, "Before I get out of here, listen. This is my last show for a very long time." Some thought this meant

that the rapper was announcing his retirement, while others anticipate him hunkering down in the studio to produce some new music. Maybe he's just having a little nip/tuck and will back refreshed in six to eight weeks. Kidding!

But this wasn't the only thing that had fans of artist who was born in Frankfurt, Germany, talking. On Tuesday night, J. Cole's Twitter account was hacked, subjecting his more than 8 million followers to ridiculous song titles (Smokin On Dat Phizzurp Pack) and conspiracy theories about Kim Kardashian faking being robbed. Weird.

We're not holding our breath for a response from J. Cole — the rapper hasn't actually tweeted since March.

Nice try, Ric Flair



I think it's safe to say none of us saw this coming. During his self-titled radio show, former WWE wrestler Ric Flair was asked if he had ever encountered any celeb-

erity "riders," which is apparently uncool slang for sexual escapades. He replied that he'd had

dozens but specifically name-dropped Academy Award winner Halle Berry. Flair claims to have slept with Berry in 1997 following her divorce from David Justice.

As expected, Berry's team has strongly denied these allegations, claiming that she never slept with Ric Flair and doesn't even know who he is. Very Mariah Carey of her.

No offense Ric, but we're going with Halle Berry's version of events.

The 'Mean Girls' musical is coming!

It's finally happening! The "Mean Girls" musical is coming in fall 2017 to Washington, D.C.! A verified Twitter account for the production, @Mean-GirlsDC, announced the news Oct. 3, naturally.

Tina Fey and her husband, Jeff Richmond, have teased us with the idea of a stage adaptation of her 2004 cult classic for years. But they never confirmed a timeline for the production.

The mysterious new Twitter account followed



up with several catchphrases from the movie to really get us in the spirit.

We're all dying for more details but in the meantime we'll have to

settle for the original, which you can catch on Netflix. I don't doubt that the play will make it to Broadway in no time and that it will be undeniably FETCH!



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Mark Wahlberg likes his boss

The actor sings the praises of Peter Berg, his director on "Deepwater Horizon."



LUCIA HERNANDEZ
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Mark Wahlberg loves working with director Peter Berg. And Berg loves Wahlburgers (but more on that later). The duo worked together on "Lone Survivor," and now the new "Deep Horizon," the true story of the BP oil rig explosion in the Gulf of Mexico in 2010, which killed 11 people and caused the largest environmental disaster in U.S. history. Wahlberg plays chief engineer technician Mike Williams, the last survivor to make it off the Deepwater Horizon

rig. The 45-year-old actor explains the appeal of true stories and how his relationship with Berg, with whom he also made the forthcoming "Patriots Day," blossomed over burgers.

You've worked on three films with Peter Berg. You're friends now, right?
Well, he is from New York and I'm from Boston, so that's a big problem. [Laughs]

How did this collaboration come about?
It's one of those stories where we have the same agent and he introduced us. In fact, he was trying to get us together for some time. But for one reason or another, we resisted. But when we finally got together for "Survivor" I was like, "I could make 20 movies

with this man." We motivate each other. We support each other. He focuses on the story and has a mind-set to see the whole picture, rather than deal with his own agenda, which is very rare.

While on the subject of your friendship, tell us what a guy from Boston and a guy from New York have in common when it comes to food?
[Laughs] I took him to all the great restaurants in Boston. But he keeps saying that Wahlburgers' burgers were the best. He tried the turkey, classic and fish. He ate them all; he could not stop.

What is your favorite dish?
Oh God, you're asking someone who craves everything all the time.

I've been eating very healthy. For my birthday, my wife hosted a dinner at home and brought the chef of my favorite Italian restaurant, but I could not eat everything that I wanted. The problem is that I gained a lot of weight for "Deepwater Horizon" and "Patriots Day." Then I saw Michael Bay, the producer for "Transformers," and he said, "Friend, what's going on here?" So I had to do the 10-week training program in three.

What was meeting the real Mike Williams like?
Mike and I

met as soon as production started. He was a little skeptical so I was asked to spend some time with him. But I refused. I wanted him to work with me throughout the film. No one knew better than him the real story. Only he knew what was behind that platform. And he was the last to leave it. I thought he could be our eyes and ears to make sure that everything we were doing was authentic. And so I insisted on him being

present throughout shooting, as well as other consultants — people who work in the same company as Mike.

Is there a greater sense of responsibility when actual — and tragic — events are made into movies?
If you do not do it right, you'll find out. But that's why I knew that Pete [Berg] was the perfect match for "Deepwater Horizon" as well as "Patriots Day." Because he cares as much as I do and knows how important it is to do things right. The amazing thing is that once you define the tone, everyone knows what the standards are. It is telling the story in the best way possible and not meeting your expectations as an actor. All this mania to seek your own benefit as an actor goes out the window because for me it is about making a great movie.



GETTY IMAGES



In "Deepwater Horizon," Mark Wahlberg plays Mike Williams, an engineering technician who was involved in the BP oil spill of 2010. CREDIT DAVID LEE

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Making music for

Sunflower Bean open up on songwriting and strengthening their stage presence.

CANDACE MCDUFFIE
@MetroNewYork
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The sublime wistfulness of "Human Ceremony" — the debut album from NYC trio Sunflower Bean — is quite the offering from a band only three years into their career. While their 2015 EP "Show Me Your Seven Secrets" displayed infinite promise, "Human Ceremony" solidified Sunflower Bean's ability to cohesively carry an album on their own accord from beginning to end. While it's been reported that it was recorded in just a week, drummer Jacob Faber dismisses that statement as pure fiction. "That whole recorded in seven days thing is kind of a myth," he says. "We tracked it in a week.



Sunflower Bean aren't looking to start a dance party. REBEKAH CAMPBELL

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Your coffee is on

Free coffee is pretty much the best kind of marketing when it comes to "Gilmore Girls."

To promote its revival of everyone's aspirational mother-daughter show, Netflix has declared that Wednesday, Oct. 5, will be Luke's Coffee Day, when cafes around the country, including 14 in NYC, will serve free cups of life-giving java.

According to Bini Mustafa, director of digital marketing for Ground Central, whose three Manhattan locations will be taking part in the promotion, Netflix is picking up the tab for 250 cups beginning at 7 a.m. This will be plain black coffee, as is the Gilmore way, but Ground Central will be serving La Colombe, unlike the Folger's at Luke's diner. "That's a bit of an upgrade for the Gilmore Girls," Mustafa says.

Staff at participating cafes will be wearing aprons (hopefully in a flannel print, as Luke



Lorelai is not the only one who gets

never once wore an apron during the series) and caps (backwards, of course) with a "Gilmore Girls" theme, according to Mustafa.

For the real deal, "Gilmore Girls: A Year in the Life," a miniseries of four hour-and-a-half episodes, premieres Nov. 25 on Netflix. EVA KIS

the melancholy

But we spent two or three months in preproduction, just demoing and rehearsing and things.”

Vocalist and guitarist Nick Kivlen chimes in with the band’s justification for such a quick turnaround: “We only spent a total of 10 or 11 days in the studio because studio time can cost a lot; a lot of demoing was done in our bedrooms.”

Kivlen, along with Faber and singer Julia Cumming, make it a point to write all of their songs together, but have vastly different approaches to penning lyrics.

“Julia improvises lyrics off the top of her head, but I often take notes on my phone of things I hear people say and see if I can

apply it to what I’ve been writing,” Kivlen says. “You can definitely tell the difference between the songs I wrote and the ones Julia wrote; I veer toward being more conceptual.”

Kivlen and Farber remain adamant, though, about the meaning of their songs being left to the listener’s discretion. “They are open to interpretation — we want to let people think about the ambiguity of our songs,” Farber explains. “The music still sets a clear mood without it — ‘Human Ceremony’ is not an album you’d put on at a party. It’s melancholy music.”

Performing said music in front of large crowds on their current tour

“Human Ceremony” is not an album you’d put on at a party.”

Jacob Faber

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is apparently easier for some members of Sunflower Bean than it is for others. “My stage banter is weak and needs some work — which is funny, because I’ve actually been turned off by bands for that very reason,” Kivlen says.

“Julia is actually meant to be a comedian — she’s one of the funniest people I’ve ever met and is great on stage. I don’t have the confidence quite yet, but you do what you can do,” he adds with a chuckle. “I’ll let you know when I actually come up with something.”

the ‘Gilmore Girls’ today

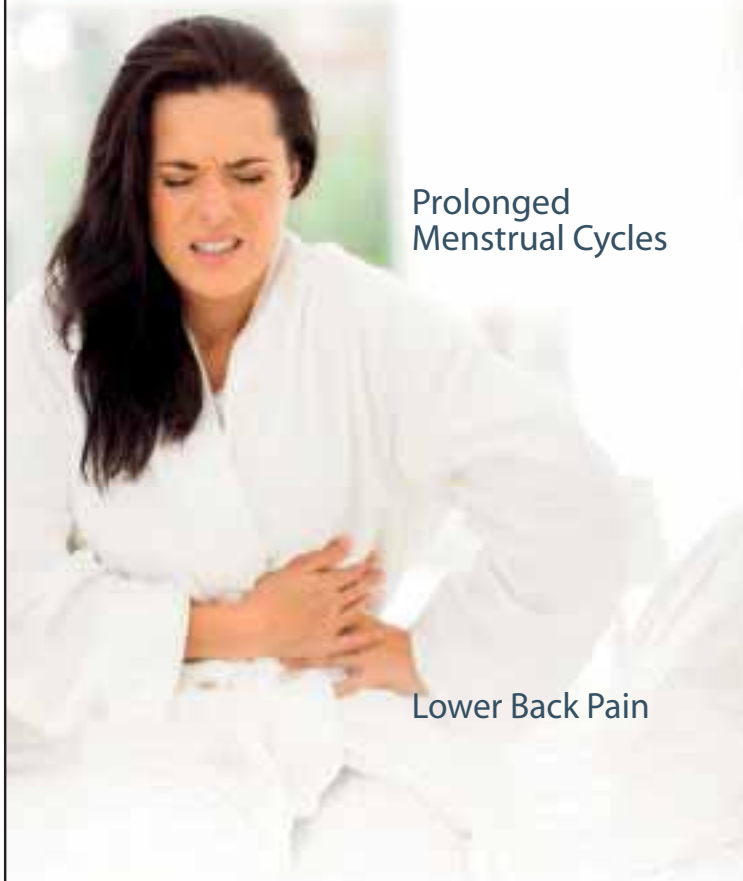


free coffee at Luke’s on Oct. 5. SAEED ADYANI, NETFLIX

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It may be hard to be a single woman in NYC, but for single dudes who enjoy the bachelor lifestyle, the city is their perfect playground.

A 2014 Brick Underground article puts the citywide male-to-female breakdown as 53 percent female and 47 percent male. It also points out that on the Upper East Side, "single ladies outnumber single guys 2 to 1."

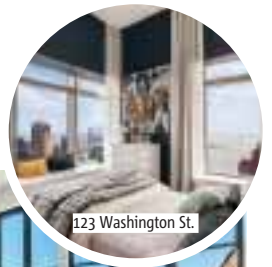
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ROBERT CRISCOLA
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Noah Syndergaard (14-9, 2.60 ERA) gets the ball for the Mets in a crucial wild-card game with the San Francisco Giants on Wednesday night (8 p.m., ESPN) at Citi Field. The winner will advance to the NLDS to face the Chicago Cubs.

Syndergaard's main weakness this year has been holding runners at first (he allowed a league-high 48 stolen bases), but the Giants don't appear to have the capacity to take advantage of that (79 stolen bases, eighth in the National League). However, Syndergaard's propensity to strike out opponents (fourth in the

NL with 218 Ks) will be countered by the Giants' batter discipline, as they have struck out the least of any NL team. Syndergaard's last start against the Giants was a gem, as he pitched eight scoreless innings in a 2-0 win on Aug. 21.

Syndergaard will have to be careful with Hunter Pence on Wednesday night, as he hit .307 in the last month of the season with five home runs. Pence has already tallied one round-tripper against Syndergaard in his career.

If "Thor" can hand his bullpen a late lead, New York's chances of advancing will be very strong. The Mets were the NL's third-best team by bullpen ERA at 3.53, and were anchored by the outstanding Addison Reed and Jeurys Familia all season long.

The Giants will counter with Madison

Bumgarner (15-9, 2.74 ERA), who has been kryptonite to the Mets in his career. Bumgarner has faced the Mets six times and is 5-0 with a 1.80 ERA. The Mets fought the southpaw twice this year and lost both games, though they were able to push across four runs in their Aug. 18 matchup.

If the Mets can chase Bumgarner early they'll get a chance to attack the Giants' vulnerable bullpen, which was ranked ninth in the National League with a 3.65 ERA and recorded a league-high 30 blown saves.

Much has been made of the Giants' second-half struggles; they posted a 30-42 record after the All-Star game despite going into the break as the best team in baseball. By contrast, the Mets have been one of the hottest teams in

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NFL power rankings

No. 2

Vikings
(4-0)



The Vikings defense did everything the team needed for a win once again. Recovering a muffed punt, giving their offense short fields to work with, and covering Odell Beckham Jr. better than a vengeful field-goal warm-up net.

No. 1

Broncos
(4-0)



Neither inclement weather nor losing Trevor Siemian nor games on the East Coast can stop Denver. This outstanding defense and secondary are about to face their toughest test yet when Matt Ryan and Julio Jones arrive in Week 5.

No. 3

Eagles
(3-0)



The Eagles return to the road next week to take on Detroit. Carson Wentz should get his first real chance to throw to Zach Ertz this week, as if the rookie didn't look good enough. With the NFC East sitting at 10-5, they need to keep winning.

No. 4

Steelers
(3-1)



The Steelers didn't seem too happy about their performance against Philly in Week 3. Sunday night they kept raining bombs vs. KC and running a fresh Le'Veon Bell out on the field well into the fourth quarter.

No. 5

Patriots
(3-1)



After a week of temptation to run Julian Edelman out at quarterback, the toughest decision in New England now is whether to be more excited about seeing Tom Brady or the Cleveland Browns taking the field this coming Sunday.



Michael Conforto, right, and the Mets take on the Giants tonight at Citi Field. GETTY IMAGES

the league since they hit their season nadir at 60-62 back on Aug. 19; they closed the year out at 27-13.

Yoenis Cespedes will be a key player in the heart of the Mets' order; he hit .320 in six games (25 ABs) against Giants pitching this

season. Mid-season acquisition Jay Bruce has finally begun to make contact for the Mets as he closed the regular season on an eight-game hitting streak, clubbing three home runs in the process. Speaking of streaking sluggers, Curtis Granderson hit .286

with eight home runs in September. Jose Reyes and Asdrubal Cabrera have provided the necessary spark at the top of the order during the Mets' hot streak, and T.J. Rivera has been a pleasant surprise and may start his first ever play-off game at second base.

by Luke Miller

No. 6



Seahawks (3-1)

The Seahawks' bye week couldn't come at a better time. The early season rust is off, the demons are settled, and Jimmy Graham just showed his first signs of being a productive player in Seattle. Now just let Russell rest up.

No. 7



Packers (2-1)

The Packers get a second chance to measure themselves against the Vikings when the Giants visit Lambeau next weekend. Coming off a bye, Green Bay has to stop taking its foot off the gas like it did against Detroit a week ago.

No. 8



Falcons (3-1)

While it will probably take a little more time to forget the memory of last season's collapse, there's not much better to blot it out with than 500-yard passing games and 300-yard receiving days.

No. 9



Texans (3-1)

What's left to say about rookie first round pick Will Fuller? All he did is have another great receiving day capped off with a punt return for the game winning score. Fuller is looking like the steal of the first round right now.

No. 10



Bengals (2-2)

The Bengals bounced back nicely from a couple losses with a dominating performance against the Dolphins. They went to A.J. Green early and often and, for much of the game, he had more yards than the entire Dolphins team.

Best of the rest

- 11 — Raiders (3-1)
- 12 — Chiefs (2-2)
- 13 — Ravens (3-1)
- 14 — Bills (2-2)
- 15 — Cowboys (2-1)
- 16 — Rams (3-1)
- 17 — Panthers (1-3)
- 18 — Cardinals (1-3)
- 19 — Jets (1-3)
- 20 — Redskins (2-2)
- 21 — Giants (2-2)
- 22 — Saints (1-3)



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Mets notebook: Vegas down on Giants, Duda vs. Loney

Your pregame primer for tonight's wild-card game.



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Vegas likes the Mets on Wednesday night. Not by much, but they like them nonetheless.

Betting on playoff baseball, game-by-game, is the ultimate crapshoot — especially in a wild card game in which all hands are on deck and each team is starting their ace. But still — Mets by 1.5, so says Vegas.

In the big picture, Bovada is giving the Mets 18-1 odds to win this year's World Series. It is giving San Francisco 22-1 odds. By comparison, the Chicago Cubs are the favorites to win it all at 12-5.



Will Terry Collins roll the dice with Lucas Duda? GETTY IMAGES

First decision

Mets manager Terry Collins will have a key lineup decision to make Wednesday between Lucas Duda and James Loney at first base. Duda missed four months with a back injury and that rust showed on Sunday when he had two errors in one game. The powerful Duda has faced Giants starter

Madison Bumgarner just once in his career, and he went hitless.

Loney is just 2-for-13 in his career against Bumgarner.

Moneyball

If you were going to get good prices on a Mets playoff ticket, last year was your year. Feeling the after-effect of their

October 2015 run, tickets to the Mets — Giants wild card game Wednesday were averaging \$300.

Checking StubHub on Tuesday afternoon — standing room only tickets at Citi Field were going for a cool \$138.

"Delta Gold" tickets, which are just behind home plate — several rows up, were going for \$5,000 each.

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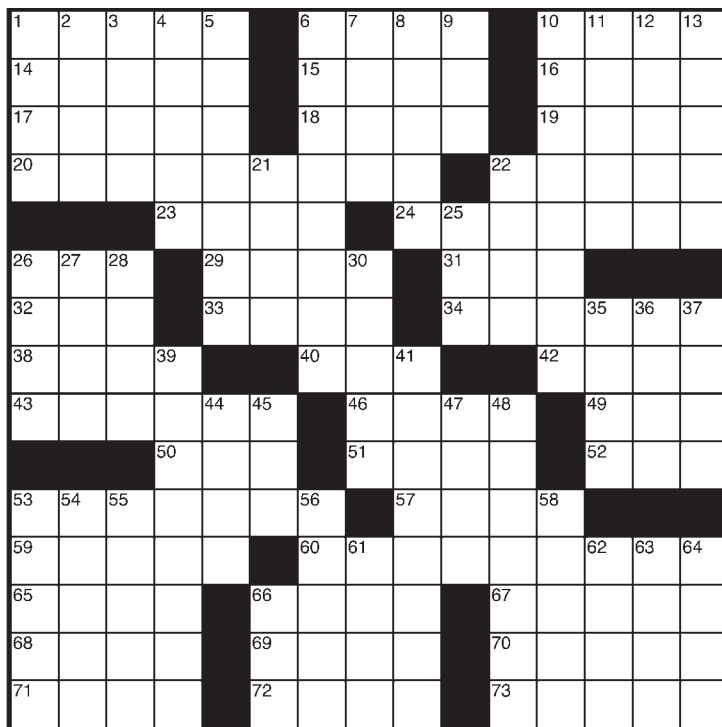
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- 64 Cumberbund
- 66 More, to Pedro

metro.us/crossword



metro.us/sudoku

easy

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 9 | 4 | | | | | 1 | 6 | 7 |
| | | | 6 | | | | 2 | 9 |
| | | 3 | | | 1 | | | 5 |
| | | | 1 | 6 | | | | |
| 6 | 2 | | | | | | 7 | 3 |
| | | | | 4 | 7 | | | |
| 2 | | | 7 | | | 5 | | |
| 1 | 7 | | | | 3 | | | |
| 3 | 9 | 6 | | | | | 8 | 2 |

hard

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 2 | 9 | | | 4 | 6 | | |
| 1 | 6 | | | | 8 | | | 7 |
| | | | | | 3 | 1 | | |
| 8 | 4 | | | 1 | | | | |
| | | 7 | 3 | | 6 | 8 | | |
| | | | 8 | | | | 6 | 1 |
| | 7 | 5 | | | | | | |
| 2 | | | 4 | | | | 5 | 6 |
| | | 1 | 6 | | | 2 | 3 | |

metro.us/horoscopes



Aries Enjoy some downtime with a special someone. Discuss your plans and prepare to make this the best year ever. Create opportunities and follow through on your objectives.



Taurus If you find out what others want and how they feel, you will be able to help. This aid will come back in spades when you need it.



Gemini Take a moment to consider your current situation. Face any dilemmas objectively and plan to move forward and make the necessary changes to ensure success.



Cancer Share your ideas and plans for the upcoming year with someone you love. The feedback you get will help you move forward with confidence.



Leo Don't dwell on past mistakes or failures, but do use the lesson of experience to ensure that you are successful in accomplishing your goals without a hitch this year.



Virgo Stay healthy and steer clear of excessive responsibilities. Stay in shape and eat a proper diet. Moderation and clean living will help you operate at your optimum level.



Libra Address matters instead of ignoring them. If you want to advance, you have to put unfinished business to rest. Greater happiness will result if you are true to yourself.



Scorpio Reach out to colleagues you enjoyed working with in the past. Find out what's new. A unique idea of yours will spark interest and lead to an interesting partnership.



Sagittarius Think about what you are doing and how you can use your attributes to your advantage. You can make a difference if you are willing to make personal changes.



Capricorn Spend today reflecting on the past and considering what changes you want to make at home. Explore innovative or unusual financial prospects.



Aquarius Don't just think about what you want to do next, start conducting some research and get the ball rolling. Progress can be made if you are quick to respond.



Pisces Be objective, but also protect against anyone trying to take advantage of you. Open up to someone you feel has as much to offer as yourself. **EUGENIA LAST**

Yesterday's answers

| | | |
|------------|------------|--------|
| CARR | STOLE | GABS |
| ALEE | URGES | AURA |
| DING | PORTCULLIS | |
| | APPLE | ASIDES |
| PATROL | OPAL | |
| ROUTES | MAE | EACH |
| ETTA | EVOKE | OSLO |
| HAH | IIVE | LOB |
| ATON | KLINE | BESO |
| BORE | ILE | MELEES |
| | LANA | ABRUPT |
| CHASMS | IMAGE | |
| HYPOTHESES | JUNO | |
| EDEN | IRONS | ARAB |
| FEDS | PANSY | YETI |

Can't wait until tomorrow to check your answers? Visit metro.us

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CAC Certified Audit of Circulations

spectator or... **LIFESAVER?**

Choose lifesaver.

**On Thursday, October 6th,
sign up as an organ donor.**

**Go to LongLiveNY.org to make
your ordinary Thursday, extraordinary.**

• October 6 is Organ Donor Enrollment Day •